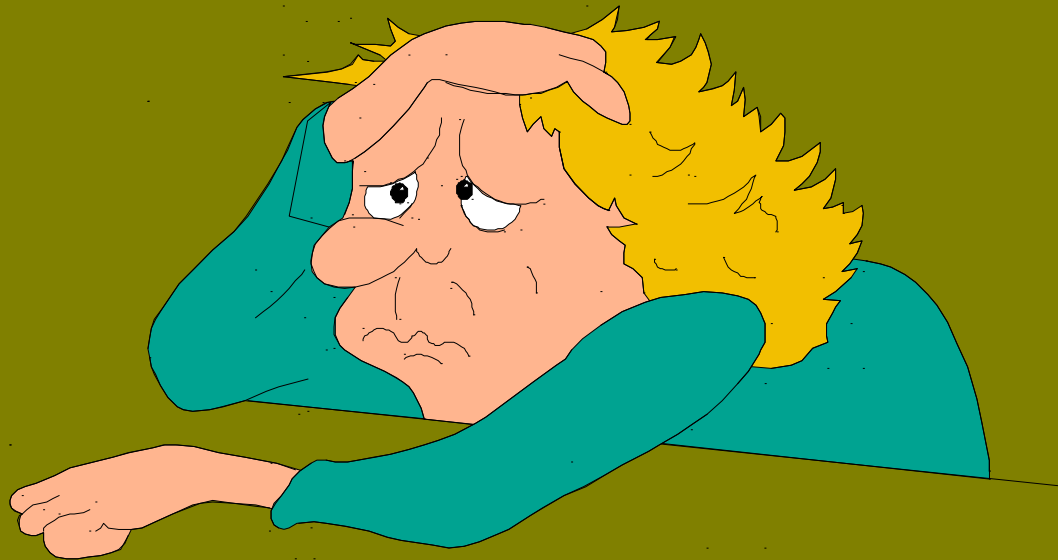


BURN OUT



Health Promotion Program



Definition of Burn Out

Usually is a gradual depletion of emotional, mental and physical energy due to work related stress.



Definition of Burn Out

“Characterized by emotional exhaustion, a sense of depersonalization, and feelings of reduced personal accomplishment.”

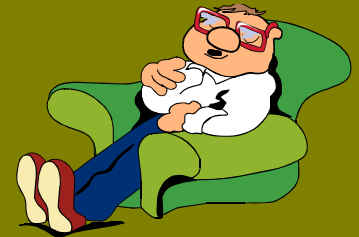
-Dr. Kenneth Cooper



Burn out also known as-

- Listless

- Drained

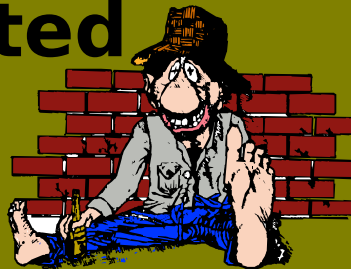


- Fatigued

- Exhausted

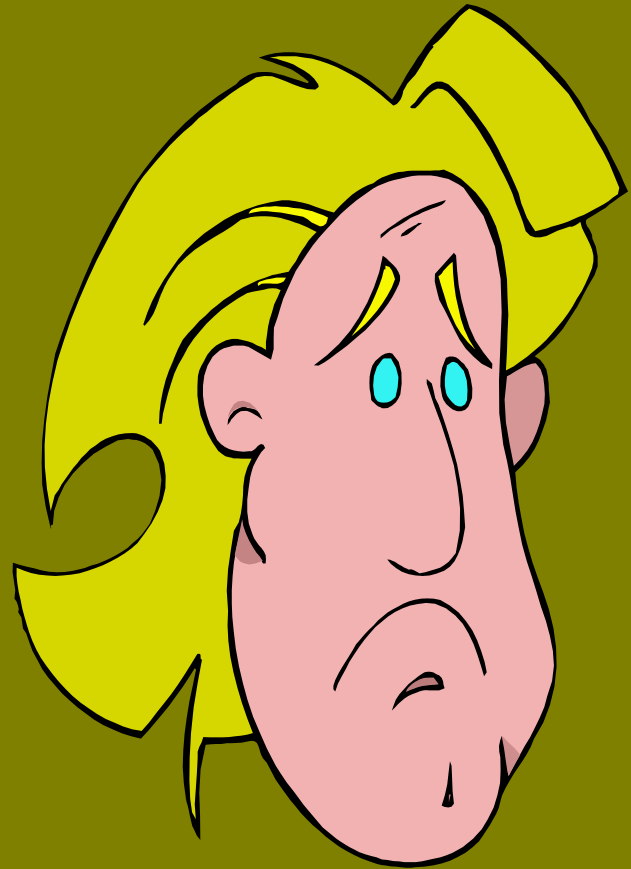
- Unmotivated

- Bored



Common Causes

- **Work Overload**
- **Lack of rewards**
- **Belief and / or lack of control**
- **Issues of unfairness**



Burn Out

- **Everyone is at risk and all are susceptible!**
- **Often it is your negative reaction rather than the specific job...**

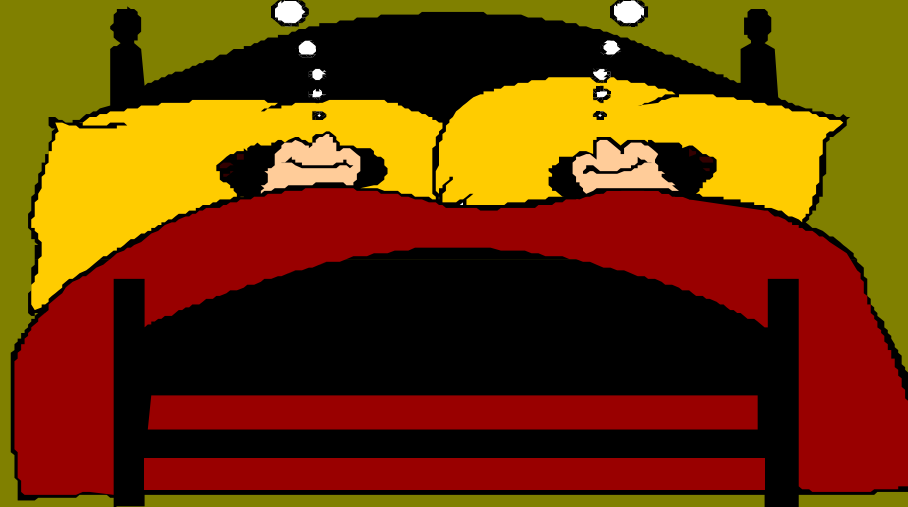
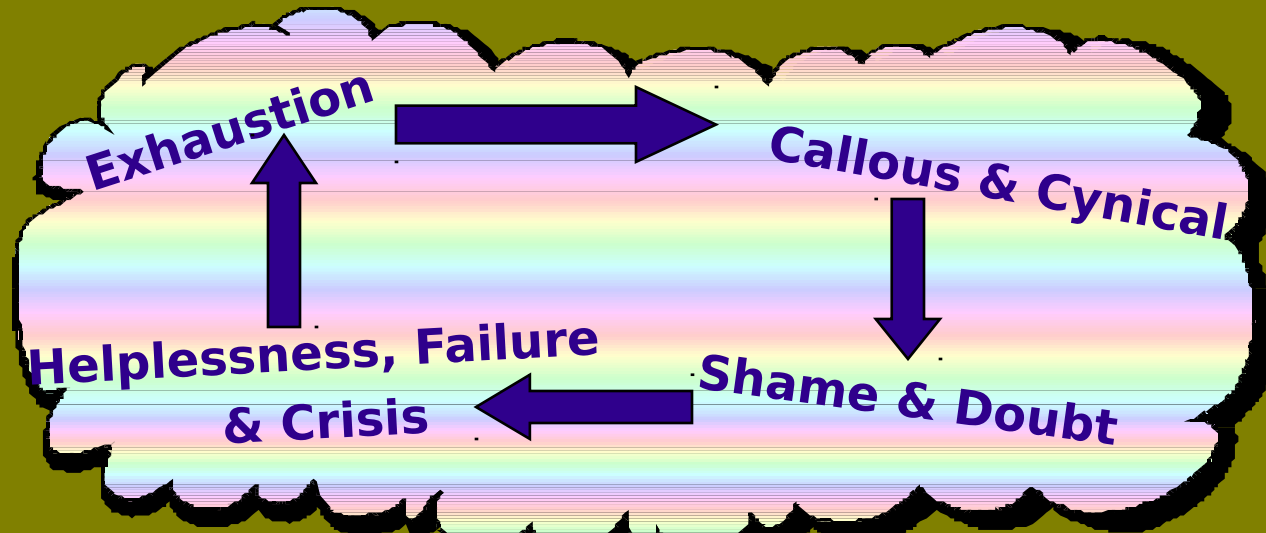


Symptoms of Burn Out

- **Poor work performance**
- **Relationship problems**
- **Health problems**
- **Negative feelings**
- **Substance misuse/abuse**
- **Feelings of meaninglessness**



Phases of Burn Out



What can I do?





What I can do!

- Take good care of myself on a regular (daily, weekly) basis!

Review these sites-

www.aomc.org/hodz/general/stress.html

www.clinique.com/busters.html

www.ucc.vt.edu/stdyksk/stressmgt.html

www.docpotter.com



What I can do



- **Ask for help!**
- **Talk to others about your difficulties and seek their support...**
- **Develop a plan to address burn out**



What I can do?

Increase my Personal Power!

**Find and establish ways to control
and manage my time, space,
workload, pace, resources,
future, and perceptions...**



What I can do?



- **Forgive myself when I make mistake...**
- **Get rid of any of my perfectionist behaviors and expectations**
- **Do not take on others' burdens!**



What I can do!

- Rest & Retreat
- Release
- Regroup
- Make personal changes
- Regenerate

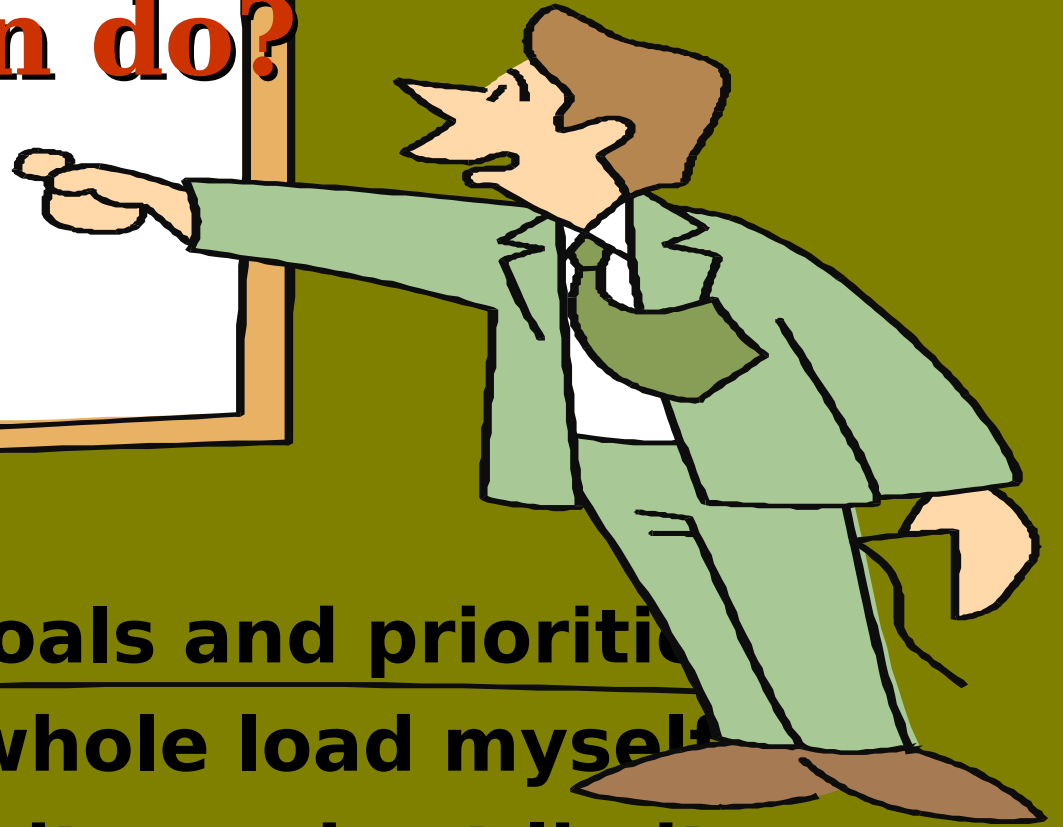


What I can do

- Find purpose and meaning in activities- at work, home & community!
- Handle workplace stressors- before they manage me!



What I can do?



- Reevaluate my goals and priorities
- Do not take the whole load myself
- Learn my own limits, and set limits with others
- Ask for what I want and do not assume that I will get it



Preventing Burn Out

- **Know your stress danger zones at work and at home**
- **Avoid or address the dangers as soon as possible!**
- **Daily self care!**

